

# PART I SURRENDER

Deep in our hearts, we are all searching for ways to give and receive love, forever and for real. To open as love, to live as this freedom, is our deepest calling. Each of us must find our own unique way of living true to our deep being. But whatever way we find, we will discover that love is the only way to live that is not less than God, less than truth, less than our deepest need and divine potential.

The cultivation of utter freedom—which is to live as the flow of love—can be practiced during sex. Learning to have sex as an expression of your deepest being is like learning to play golf, tennis, or the violin. You have good days and bad days. Sometimes lovemaking is perfection itself, with genitals, heart, and mind all aligned. Other times sex is scattered, anxious, or wrought with conflict. Even so, there is no such thing as failure; every moment is a learning, every closure an opportunity to learn how to open in love.

Love can be practiced. To practice love is to be and express your deepest heart, whatever your religious persuasion or chosen spiritual method. If you don't practice love during sex, your thrusts and hugs become reduced to mere animal hunger or personal psycho-emotional need. For some, sex is a relatively dependable way to buck and snarl in pleasure, release stress in a spasm of orgasm, and get to sleep. For others, sex is a hope for their partner's affection, a ritual of security and familiar coziness.

Unencumbered from such habits, sex is fresh, alive, and open-ended. Sex is an art form, a prayer, a way of contemplating and

communing with infinite love, naked, unafraid, raw, and totally open. Sex is a means for expressing this mystery of love through the music of your body.

Learning to have sex this way is not a matter of touchy-feely namby-pamby, but is as concrete as learning to play the piano. At first, actually making music seems almost impossible. Your fingers just won't move like you want them to. So your piano teacher gives you musical scales to practice, exercises to perform over and over. You practice and struggle and make mistakes and learn.

Soon, you find yourself effortlessly performing pieces that you previously couldn't have imagined playing. At some point, if you relax enough and become a transparent vehicle through which the creative spirit can move, actual *music* begins to come through the notes you are playing.

A profound depth of meaning and recognition, perhaps even something sacred and fundamentally ineffable, begins to flow through your fingers, through the piano keys, to the listener's heart. One day, you find that you are transmitting an unspeakable depth of feeling from your heart to your listener's heart through the way you play the piano. The genius of your deep being, the flow of divine love, is beginning to express itself, however simple your technique.

A monkey can be taught to play the piano. A robot can be programmed to tap out a simple ditty from its digital memory. A heartfelt musician, however, doesn't simply make sounds, but evokes a depth of meaning and feeling quite beyond the mechanics of hitting the proper keys. The *spirit* of the music is revealed through the medium of his or her performance. A deeper meaning that is inexpressible through words is somehow transmitted through the musical performance—however simple—bringing tears of recognition, smiles of joy, and openness of heart to the listener.

And so it can be while lovemaking. Except that the piano you are playing—your lover—is also playing you.

If you have never experienced profound sexual love, my words here may seem like gibberish to you, nonsensical utterances pointing to nothing. However, most people have at least momentarily been graced—perhaps even jolted or awakened—by an openness beyond their sense of limited self in which a sublime oneness of being suddenly became obvious or apparent. These unbidden moments of grace may occur while having sex—or while meditating, praying, simply sitting alone, or even while driving a car, feeding a baby, or taking a walk. This book is a guide to consciously cultivating and transmitting this awakened disposition of openness and oneness during sex.

Why practice this disposition of openness during sex? Because, for most people, no matter how enlightened they are in other areas of their lives, their sexual and emotional life remains troublesome. For most people, sex is one of the most pleasurable and frustrating parts of their lives. It is a hidden corner where they keep their embarrassing secrets and forbidden dreams. In general, a person's sexual life is among the least illumined aspects of their being; even men and women who are physically healthy, financially successful, and spiritually aware often have complicated and troublesome sex lives.

As you grow sexually, you are able to embrace your complications and secrets—they exist for virtually everyone—and make music *through* them. Emotional ups and downs as well as sexual kinks and twists are no obstacles, but provide a unique instrument through which the almighty music of love is played. The condition of your instrument—the history of your emotional and sexual pain, desire, and resistance—becomes irrelevant as your heart and your lover's heart swoon in the depth transmitted through your loving. A

banged-up fiddle in the hands of a truly inspired musician evokes more heart than a Stradivarius in the hands of a pretender.

The discord of our sexual life derives not so much from our personal history or the condition of our “fiddle” but, to a larger extent, from our lack of inspired practice and depth. As teenagers, we are handed our genital instruments without any real instruction—without any outstanding examples, even, of the sublime art of a superior lover—and we struggle to bleat out our sexual music as best we can. Usually, the development of our sexual depth and skill stops at an early age—as did our parents’—and we end up playing the same simple song over and over again until we are too old to bother.

How do we continue growing in our capacity to transmit open-hearted wonder through the music of our sexual artistry? The single most important skill to learn is the practice of love, openness, or surrender—which are just different words for oneness, unobstructed feeling, or free being, the source of all true inspiration. You can practice various techniques of breath control and pelvic rumpus until your skin peels off, but you won’t enjoy a single moment of authentic sexual ecstasy unless you are willing to let go of your boundaries and open beyond your resistance into the awe of love. A heart-guarded musician is no musician at all, and doubly so for a lover. How do you practice opening fully *as* love in the midst of sex?